

# PROMOTING POSITIVE PLAY

If you do enjoy a gamble, please ensure it is permitted by your employer and follow these top tips for Positive Play.

## Planning

Before you play, decide how much you want to spend and when it is time to stop.

## Open and honest

Be honest with yourself and others. Are you happy with your level of play?

## Safety net

Back up your plan with safer gambling tools. Its easy to get carried away in the moment.

## Informed

Take time to learn the rules of gambling to help you avoid common gambling myths and fallacies.

## Time

Set a time limit you are comfortable with and balance gambling with other activities.

## Interact

lets talk about gambling and reduce stigma in seeking or offering help.

## Volatility

Games speed, stake and risk can vary. Find a level of play you are comfortable with.

## Enjoyment

Above all gambling should be fun and not viewed as a way to make money or solve financial issues.

# SOURCES OF HELP

Where to find help if.....

- If you are concerned about your own or someone else's gambling.
- You are being negatively impacted by someone else's gambling.
- You want to talk to someone about something that is going on in your life.

## At Work

If you are comfortable, speak to a colleague, your line manager, HR or your company may provide an Employee assistance programme (EAP) which can offer confidential support.

## The National Gambling Helpline

Free confidential support and advice available 24 hours a day 7 days a week



0808 8020 133

## The NHS

The NHS run a number of gambling clinics and information on gambling addiction can be found at [www.nhs.uk/live-well/addiction-support/gambling-addiction/](http://www.nhs.uk/live-well/addiction-support/gambling-addiction/) You can also contact your GP.

## Citizens Advice Bureau

For free advice on gambling as well as debt and money issues visit.

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

# WORKING IN GAMBLING AND STAYING SAFE.

A BETTER GUIDE  
CHANGE  
TO POSITIVE PLAY.

# WORKING IN GAMBLING

## An exciting place to be!

Whether you work in a casino, bingo, sports betting, offline, online, in a customer facing role or behind the scenes. The gambling industry is an exciting and fast paced place to be.

Working in gambling can be a rewarding and fun place to build a great career. You may already be experienced in gambling or you may just be experiencing gambling for the first time.

Wherever you are in your journey it is important to be aware of your exposure to gambling or the gambling activity of others so that we can prevent against it being a source of harm.

## We are here to help.

The team at Better Change want you to get the most out of your career in gambling whilst staying safe and preventing harm. This leaflet contains some advice on how to keep your play positive and where to go should you need any help and support.

For more information visit  
[www.better-change.org](http://www.better-change.org)

// The gambling industry is an amazing place to build a great career. It is exciting, dynamic and the people are so supportive.

## DID YOU KNOW?

Almost half the adult population (48%) in the UK Gamble\* with the vast majority doing so safely. It is estimated that around 400,000 adults (less than 1%) experience a high risk of harm, that number increases to an estimated 1.4million if you take into account those at moderate or low risk.\*\*

Gambling addiction like other addictions can often be a symptom of another underlying issue such as poor mental health.

Don't suffer in silence! Gambling issues can escalate quickly making things worse and leading to more serious problems, the sooner you act the better.

Opening up about a problem can be hard but it is also the first step to getting better and people can and do recover. If you are worried about your own or someone else's mental health organisations like the Samaritans or Mind can help..... You've got this!

SAMARITANS

mind